

Role of Dashamooladi Niruha Basti Followed by Katibasti in the Management of “Katigraha” W.R.S to Lumbar Spondylosis - A Case Study

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ABSTRACT

Katigraha is the commonest disease it is the condition which is characterized by stiffness pain and impaired functioning of lumbar spine region due to vitiation of vata and kapha in katipradesha. It is correlated with lumbar Spondylosis due to similarity of clinical features. Even though this condition is not life threatening but it hampers the daily activity according to ayurveda it involves the dusti of asthivaha srotas. About 60 to 80% of population in India suffers from this condition. A 32 year old male patient came to KPSVSAMC &H with a following complaints lowback ache, stiffness in the hip region difficulty in sitting and walking from 15 days. He was treated with samanya chikitsa vata vyadhi i.e sthanika abhyanga , sweda sweda and kati basti. Patient was treated for a period of eight days the response of the treatment was recorded and therapeutic effect was evaluated through symptomatic relief.

KEYWORDS: Katigraha, lumbar Spondylosis, vatavyadhi and basti

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INTRODUCTION

The word katigraha is the combination of two words Kati + graha. Kati is derived from the root “kat in” meaning sharira avayava vishesham. “Graha” means to catch or to hold. It is formed by graha upadane dhatu means one which gives support. Thus katigraha is a combination of low backache associated with pain and stiff movements. When vitiated vata alone or along with ama makes sthanasamshreya in kati Pradesh, produces pain and stiffness is considered as katigraha.

It is one among as the vataja Nanatmaja vikara. Kati itself is the seat of vata dosha and the root cause of disease is aggravated by vata. Katigraha of disease common with aging and is considered to be associated with the low back pain and low back pain and disability. Aging is well known risk factor of katigraha the as degenerative changes in the spine and disc are one of the major causes of katigraha.

Sthanika Snehana and swedana are very effective & Provide quick result. Bahya Snehana and swedana helps in reducing the pain, stiffness of the Lumbar spine and increases the blood circulation. Basti is said to be best treatment for all vatika disorders. It is highly acclaimed by Acharya Charaka and described as Ardhachikitsa.

Case Study:

A 33 yr old male patient came to KPSVS AMC & H panchakarma opd with the following complaints.

low backache

stiffness in the hip region

difficulty in walking and sitting from 15 days.

Associated complaints- No any associated complaints

History of presenting complaint- patient was apparently normal before 15 days gradually he

developed above symptoms due to sedentary lifestyle and for better management he came to KPSVSAMC&H

Past history -No relevant history

personal history

diet- mixed

sleep- disturbed

mituration -normal

bowl- irregular

habit -smoking ,travelling

general examination

BP - 130/80 mmHg

pulse - 72/min

RR - 18/min

weight - 65 KG

Temp - 98°F

Lumbar spine examination

SLR test - negative

Schober's test – positive

Local Examination of lumbosacral region

Spine curvature

normal swelling

absent discolouration

absent warmth

absent tenderness

present stiffness

present

Investigation

X-ray of lumbosacral spine

(A P&LAT view)was assessed. X-ray of lumbosacral spine revealed. Lumbar spondylosis with degenerative disc disease at L4-L5 and L5-S 1 levels.

Intervention

Procedure – kostaShodhana

Drugs- Nimbamrita castor oil (50ML)

Duration - one day (night 9:00 PM) Vega 3

Procedure- sthanika abhyanga

Drug - mahanarayana Thail

Duration- 20 minutes for 8 days

Procedure- sthanika sweda

Drugs - kukutanda sweda

Duration - for eight days

Procedure- Anuvasana basti

Drugs – Bala ashwagandha taila (72 ml)

Duration - at 11:00 AM for 5 days out of total days of treatment

Procedure- niruha basti

Drugs - dashamoola niruha basti

Duration - for 3 days

Procedure – katibasti

Drugs – mahanarayana taila

Duration - 30 minutes for 8 days

Anuvasana and Niruha Basti administration

Day Basti

1. A

2. A

3. N

4. A

5. N

6. A

7. N

8. A

Method of preparation of Dashamoola niruha basti

Purvakarma

Ingredients:

madhu- 50gm

Saindhava lavana –6gm

Sahacharadi taila-100ml

Ashwagandha churna-24gm

Dashamoola kwatha- 400ml

In khalva yantra take 50gm of madhu triturate it. Saindhava lavana is added and mixed well and add warm Sahachardi Taila & triturated well. Then Ashwangandha Kalka (24gm) is

added & mixed well. 350 ml Dashamoola kwatha is added & triturated.

Pradhana karma.

The above Prepared Medicine is taken in enema can. A rubber catheter is attached to the bastinetra. Patient is asked to lie in left lateral position. By applying oil to the Catheter, it should be inserted into the Guda , Slowly the medicine (Dashamooladi kwatha) is sent into the guda pradesha through bastinetra. Ask the patient to lie in supine position.

Paschat karma:

After administration of medicine One Should wait for Basti pratyagamana [ie 1 muhurta-48min]. The medicine reaches to the level of ad abdomen, pelvis, Flanks and navel region, compile all the waste substances & excreta, create unctuousness of stools, body & intestines and gets expelled admixed with all morbidity of body.

Kati basti:

Katibasti is a procedure in which retaining of warm medicated Taila (Mahanarayana Taila] within a

specially formed frame of Masha dough in the lumbosacral region. It performs the Combined action of snehana and swedana.

After kati basti sthanika Abhyanga is done with Mahanarayana Taila followed by is done with Kukutanda swedana.

Results and Observation

Parameter	BT	AT
Pain	5	1
Stiffness	3	1
Tenderness	5	1

We found that there was a marked improvement after treatment. Pain and restricted movements of hip are reduced. Due to Balaswagandhadi Taila Anuvasana basti & mahanarayana taila Katibasti and Dashamodadi niruha basti prayoga it was noticed that there was marked improvement in gait.

Discussion:

Vata & kapha are the factors involved Katigraha pathology. Due to nidana, there is vitiation can be divided as dhatukshayajanya & Malavorodhajanya. There is Sthanasamsraya of vata to katipradesha. Due to Ruksha of vayu, Sleshmaka kapha in the sandhi decreases, leading to the loss of sthiratva in Sandhi.

In katigraha, there will be stiffness throughout the lowaback region, pain & restricted movement. Katibasti was given as it is Bahya sthanika snehana and kukutanda swedana procedure which mainly acts against the ruksha guna and sheeta guna. Followed by Anuvasana basti and Dashamooladi niruha basti is given alternate days to correct the vitiated vata in its root place i.e guda & pakvashaya.

Conclusion

The result shows that Balashwagandhadi Taila for Anurasana basti Mahanaryana taila for katibasti and Dashamooladi niruha basti were found very effective in relieving the sign n symptoms in katigraha with

increased functional activities. However futher work should be done on large samples to draw on the final conclusion.

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